

REFLECT | LIFE-CHANGING LISTS

Supplies:

- Paper or notebook
- Pencil

Many people have a list of the things they want to do with their lives. Some lists are vague mental ideas, and other lists are specific and enumerated. Brainstorm the general topic of “things you want to accomplish or experience in life.” Journal over the summer about the activities you have completed from your list.

Examples for your list:

- Read every day for an hour
- Call an old friend or two . . . or more
- Write a letter to a family member
- Give up TV for a week
- Introduce yourself to a new person each day
- Laugh until you cry
- Learn about your ancestors
- Memorize a poem and share it with someone
- Learn to cook one good meal
- Kayak

